

# Lincoln Area Agency on Aging Volunteer Voices

"Your Community Is Calling"

Summer/Fall 2005

## Volunteers Make the Eleventh Annual LifeLong Living Festival a Huge Success!

The 2005 Lincoln Area Agency on Aging's LifeLong Living Festival is over for this year. Special thanks to our Gem Sponsors: AARP Nebraska, OrthoCare, Butherus, Maser & Love, Union Bank & Trust and our Silver Sponsors: Legacy Retirement Communities and Pfizer. Over 2,200 folks were in attendance at this year's event! All the Vintage Car owners were pleased because the weather cooperated, allowing them to stay the whole day this year! Thanks to all the car clubs who participated. Greg and Cheryl Oppat and their 1950 Chevy Style Line (Car number 5) took home the "People's Choice" trophy. Mac



McCune and Dorothy Applebee took people on a musical trip back to the 50's, as did Joe "Mr. Memories" Taylor, and The Clefs. There were 101 exhibits and lots of room to get around. Helen Boosalis was honored by the Seniors Foundation for her many contributions and return exhibitors who have been a part of the festival for 5, 6, 7, and 8 years were recognized with a framed

certificate. Volunteers of course played a big part in the festival's success, directing foot traffic, answering questions, greeting people at the door, bringing their vintage cars, and performing on our stage. Thanks to all of you who kept things running smoothly. Mark your calendar for Saturday, June 10, 2006 and our upcoming 12<sup>th</sup> Annual LifeLong Living Festival.

### A Note from Lily

The lazy, crazy, hazy days of summer are upon us; days of vacations, family visits, and staying cool. It would be nice to spend the day sitting in the shade reading a good book and sipping lemonade, but after a while I would begin to feel guilty, realizing that life goes on and there are things that need to be done. Responsibilities as volunteers continue if only in an abbreviated schedule. And after a while relaxing can become tiring and one needs something stimulating to do and we all know that there many people, organizations and agencies that depend upon us.

We at RSVP are busy planning for our Annual Recognition Event. We can't call it a dinner, because this year we are making some drastic changes and trying something totally new. We are going to have a **BRUNCH**....and on a **Saturday**.....and at the **Embassy Suites Hotel**....It will be on **August 20<sup>th</sup>** with doors opening at **9:30 a.m.** Invitations will be mailed at a later date to those volunteers who have turned in their calendars with their hours and have completed at least one complete quarter of service. We will have some delicious food, nice entertainment, and of course, the many awards that you have achieved over the past year. Again this year, we will be presenting the "Living Bell Awards." Enclosed with this newsletter is a nomination form so you can let us know who you consider to be the most deserving sites and individuals. We will have an independent group of judges make the final decisions. Nominations must be returned to our office by **August 1<sup>st</sup>** and the presentations will be at the Brunch on the 20<sup>th</sup>.



## Loss of Great Volunteer

On May 30<sup>th</sup>, the Foster Grandparent Program lost one of its long time volunteers. Foster Grandparent Dorothy Adams passed away after a short illness. Dorothy started her career as a Foster Grandparent when she lived in Grand Island. After moving to Lincoln she enrolled in the Lincoln Area Agency on Aging's program in March of 1999. During Dorothy's six years with the program she contributed over 3400 hours as a Foster Grandparent.

I was fortunate enough to conduct a site visit to Campbell Elementary School on May 6<sup>th</sup> of this year. I visited with Dorothy in her classroom. Her desk was a place of honor and she sat there with pride and confidence in the work that she was doing. Teachers that passed by stopped to make sure and tell me how much they loved Dorothy and how much they needed and appreciated her help. It became very clear that Dorothy played an important and critical role in the education of the kindergarten children at Campbell. She provided one on one instruction to children struggling to learn their letters and numbers. She gave hugs and smiles to children having a bad day or a hard time. She was a loving and gentle person that the children at her school came to depend upon and care about. She will be missed.



Dorothy Adams with her teacher Ms. Cindy Lloyd

Hazel was finding it hard to leave her house after her husband died. She was sleeping all day and walking the floors for most of the night. There was no one to talk to and each day stretched into the next. Her family, worried about her increasing isolation and knowing how much Hazel loved children, urged her to call the Foster Grandparent Program to find out if she would be a good match for the program. Hazel made the call and found out that there were children at a school near her house that needed help learning to read. She started imagining what it would be like to have a place to go everyday where she would be needed and welcomed and she decided that she wanted to become a Foster Grandparent.

Now, a few years later, Hazel tells stories about the children she has helped. She talks about how she pops out of bed in the morning, anxious to get to school to see her little friends. She says that happiness is going to school. Teachers from her school talk about how valuable Hazel has been and how she has made a difference in the lives of the children she has worked with. Hazel is just one of the success stories at the Foster Grandparent Program. To find out more about the program or to see if you might be a good match, contact Martha Hakenkamp at 441-6105.

There are lots of new and some familiar volunteer opportunities available to consider helping with. Try something new or add another fun volunteer job to keep you busy.

- ❖❖❖ Lincoln Literacy is looking for individuals to help non English speaking people learn English as a second language. They will have an orientation on July 7<sup>th</sup> and then training on the following three Thursdays from 6-9 pm. Call 476-7323 if you can help.
- ❖❖❖ The State Capitol is looking for help in the information booth. It is a great place to help tourists have a better understanding of our state. Call 471-0448 ask for Roxanne.
- ❖❖❖ The People's City Mission is looking for a receptionist, to direct calls and visitors. Contact Anne at 475-1303.
- ❖❖❖ The Community Playhouse is looking for help with staging, lighting, costume sewing, ushering, and set building. call Will Cover at 489-4527.
- ❖❖❖ The Ferguson Mansion now is open for tours and they are looking for people interested in leading them. Training is provided, call Tina Harris at 471-5417.
- ❖❖❖ Milder Manor is looking for help with bingo, crafts, and the men's club. If you could share yourself with a resident and brighten their day, call Marcie Weimer at 475-6791.
- ❖❖❖ The Good Neighbor Center is looking for a cook, to prepare food for breakfast and lunch for staff and volunteers. This job will be for seven weeks while their regular cook is on a missionary trip. They provide the food. Call 477-4174.
- ❖❖❖ The Rep Theater at the University is looking for ushers for their summer performances between June 30<sup>th</sup> and Aug.8<sup>th</sup>, Thursdays-Saturdays and some Sundays. Call 472-1619.
- ❖❖❖ Ten Thousand Villages located, in the Haymarket is looking for some help with sales, especially during the busy summer. Call Cindy at 475-4122.

If you can't find anything from this list, please call the office at 441-7026 and we will try to find something more to your liking. We are also trying to create a list of volunteers interested in one time events or activities. If you would be willing to add your name to an on-call list, please call the office. **Right now we are looking for help with the Older Nebraskans Day at the State Fair, August 30<sup>th</sup> ....serving coffee and rolls, and scooping ice cream.** You will be given free admittance to the Fair if you agree to help. Call 441-7026 and let us know you'll join us that day.

### Hot Enough For You? Watch out for symptoms of heat stress

As temperatures climb this summer watch out for these symptoms of heat distress:

\*Dizziness   \*Headache   \*Weakness   \*Rapid heartbeat   \*Nausea



If a person is also running a temperature, shows signs of confusion, or becomes unconscious, he or she may be suffering from heatstroke---a life threatening Emergency. Call (911) for medical assistance immediately.

While waiting for emergency help to arrive, get the victim out of the sun. Lay the person down, loosen or remove clothing, and try to bring the victim's temperature down. Monitor temperature if possible and try to have someone who knows CPR standing by.

If the person remains conscious, isn't confused, and is not running a temperature:

\*Get the victim out of the sun   \*Lay the person down, elevating the feet slightly, and loosen clothing.   \*Apply cool compresses and give the person cool (not iced) water to drink.   \*Watch for signs of heatstroke.

**We are getting ready to have another four hour training for new WPS volunteers. It is a very interesting and valuable training with materials provided by AARP. Please call Laurie at 441-6101 if you are interested. We will set a time to work around people's schedules.**

Call 441-7028:

- ♦To request an Outreach Volunteer
- ♦To refer a widowed relative or friend
- ♦To inquire about being a volunteer
- ♦To get information/location on outreach groups:

❖**Friendship Group** during the summer months meets the 2nd and 4th Sunday from 2:00-3:30. Open to widowed people of all ages.

❖**Widower's Breakfast** meets every Friday at 9:00 a.m.

❖**Widow's Breakfast** meets the 3rd Thursday of each month at 9 a.m.

❖**Widow's Luncheon** meets the 1st Thursday of each month at 11:30 a.m.

❖**Just Pals**, a social group for widowed persons, meets once monthly in the evening.

❖**"Charlie Brown's Kids"**, a group for children who have lost a parent through death, meets the 1st & 3rd Thursday of each month from 6-8 p.m. at Sheridan Lutheran Church, 6955 Old Cheney Rd. (Bring brown bag supper.) Also sponsor "Parents Night Out" one evening each month.



**Lincoln Area Agency on Aging  
Volunteer Programs  
1005 "O" Street  
Lincoln, NE 68508-3611**

---

PRSRT STD  
U.S. POSTAGE  
PAID  
Lincoln, NE  
Permit No. 01442

Return Service Requested

Supported in part  
by the Seniors  
Foundation



